



HealthQuest Wellness Champion Network Monthly Webinar

Thursday, April 9th - 11:00-11:45 am

Toll-free call in number: 1-800-391-9177

Conference Code: 450 521 2393#

Sign in with full name of all attendees

Press *6 to mute/unmute your line or

Mute your personal line

Please check the volume on your phone

Agenda

- **Welcome New Champions!**
- **Maintaining Motivation & Building Sustainability**
 - With Special Guest Jack Bastable
- **Call the Health Advisor – April Focus**
- **NEW Devices!**
- **April EAP Webinar**
- **April HQ Seminar**
- **YUM – Check out local Farmer's Markets!!**
- **National Walk @ Lunch Day – April 29th**
- **World NO Tobacco Day – May 30th**

Welcome New Champions!



If this is your first WCN webinar, please type your name in the chat box on the Webex. I will call on each of you to introduce yourself!

- Your Name
- Agency/Group and Job
- Fun Fact / Favorite Physical Activity

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4 Steps to Building a High Performance Wellness Team for your Agency or Department

**4 STEPS TO DEVELOPING & SUSTAINING A HIGH-
PERFORMANCE WELLNESS TEAM TO IMPACT
YOUR AGENCY OR DEPARTMENT**

1. Recruiting your team
2. Establishing your vision together
3. Setting goals and action plans
- 4. Maintaining motivation and building sustainability**



MAINTAINING MOMENTUM & BUILDING SUSTAINABILITY

- ✓ The attitude of the leader + the atmosphere of the organization + the accomplishments of the people = MOMENTUM
- ✓ Stay simple and be consistent
- ✓ Keep yourself and the programs visible
- ✓ Continuously recruit for committee members



RESOURCES

- ✓ **Momentum Breakers vs. Momentum Makers – John Maxwell**
 - ✓ http://www.johnmaxwell.com/cms/images/uploads/ads/Momentum_Breakers_vs_Momentum_Makers.pdf
- ✓ **Leadership & Simplicity**
 - ✓ <http://www.giantimpact.com>



Next Wellness Champion Leadership Module

Long-Term Sustainability for Wellness

How to impact the culture of your agency or department and gain support from managers and supervisors



April Focus – Call the Health Advisor!

✓ **Worth 5 HQ Credits**

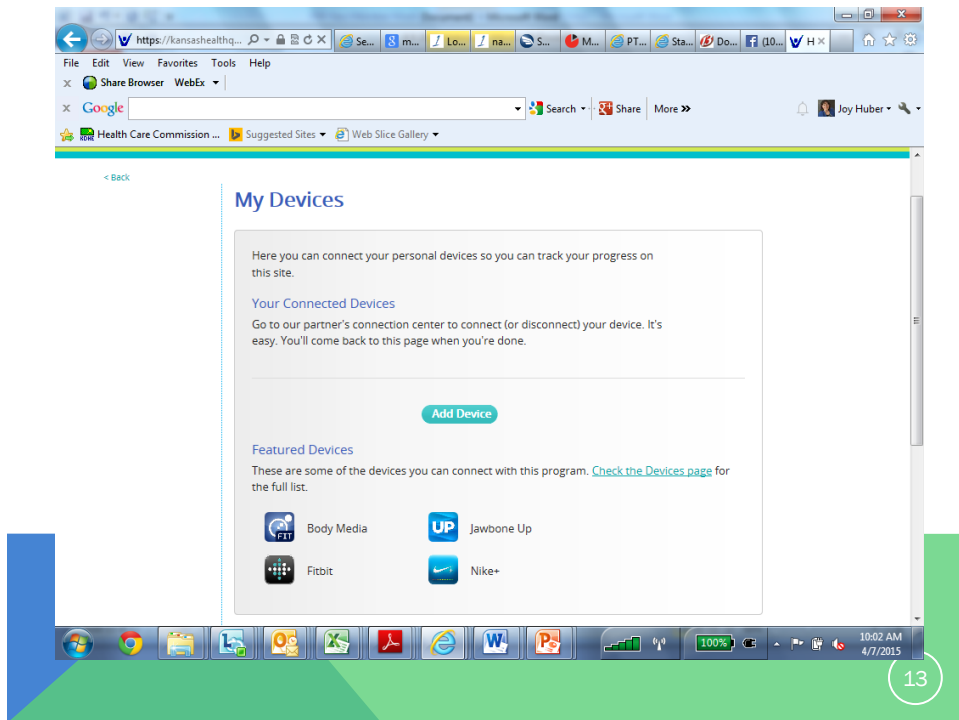
- Brief 1:1 phone call to review HAQ
- Call 1-888-275-1205, Option 6
- HA reviews both Medical (Blood Pressure, Glucose, Cholesterol, etc.) & Lifestyle (Physical Activity, Nutrition, Stress, etc.) Risk Factors
- HA makes recommendations on other HQ programs that will be helpful and may be of interest



BODY MEDIA, FITBUG, JAWBONE UP AND NIKE+FUELBAND ARE NOW INTEGRATED WITH WWW.KANSASHEALTHQUEST.COM!!!

The screenshot shows the Kansas HealthQuest website interface. At the top, there's a navigation bar with "Your Resources", "Library", and "Tools". A welcome message for "Test484870" is visible. Below the navigation bar, a large banner reads: "Show your heart some love! Too much inactivity is hard on your heart. Remember it's a muscle too! A little activity can do your heart a lot of good." The main content area features a "Track Your Progress" section with a line graph icon and text: "Tracking can help you stay on target and reach your goal." To the right, a "Progress and Rewards" section displays a large purple circle with the number "12" and a progress bar showing 0 to 30. A message asks: "Have You Completed the Required Health Assessment Questionnaire? Stay with it!!". A Windows taskbar is visible at the bottom with various application icons and a system clock showing 9:36 AM on 4/7/2015. A small circle with the number "11" is in the bottom right corner.

The screenshot shows the "Test484870's Account" page on the Kansas HealthQuest website. The page has a header with the Kansas Department of Health and Environment logo and the "HealthQuest" name. The main content area is titled "Test484870's Account" and contains several sections: "Personal Information", "Account Information", "Reset Password", "Location Information", "Community Profile", "Lifestyle Devices", and "My Devices". Each section has a brief description of what can be managed. For example, "Account Information" allows changing login ID, email address, or telephone number. "Reset Password" allows updating password and security questions. "Community Profile" allows changing screen name and avatar. "Lifestyle Devices" allows viewing linked devices and linking/unlinking them. The page footer includes links for "About Alere", "Contact Us", "Terms of Use", "Privacy Policy", "Browsers", and "Software Downloads".



APRIL 2015 EAP WEBINAR **THURSDAY, APRIL 23RD, 2015, 11:30 A.M.**

✓ The Impact of Attitude on Work and Life

Register at <https://attendee.gotowebinar.com/register/534413592829404418>

While you obviously need the appropriate knowledge and skills to do your job, the mind-set with which you approach your work plays a dominant role in your ability to perform. If you're discouraged, you work sluggishly, think small and give up easily. However, when you feel good, confident and exhilarated you can win people to your side and create dazzling projects. This workshop will help participants explore how attitude can change their life and will provide them with opportunities to develop a more positive mind-set.

NEW: Have HQ Credits Posted to your HQ Account by US when you complete all information Requested on the Webinar Registration Form.

Webinar attendees will be awarded 1 HealthQuest credit.

APRIL 2015 SEMINAR **AVAILABLE ON THE PORTAL 4/1/15**

[< Home](#)

Online Seminars

Ready for a change? These fun and engaging seminars can help you learn more about health topics and take steps to live healthier. We release a new seminar on the first of each month.

Current Seminar:

Changes at Home for Better Health

Is your home environment the best it can be? A healthy home is vital to you and your family's well being. This seminar will share simple, easy steps to keep your home at its healthiest! Print out this [handout](#) to help you follow along.

[<Transcript>](#)

[Learn More](#) ▾

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Credit

9946 People ?

View Seminar

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YUM – CHECK OUT FARMER’S MARKETS OPENING SOON IN YOUR AREA!!

Topeka – Downtown Topeka – 7:30 – 12:00
<http://topekafarmersmarket.com/main/>

Lawrence – 824 New Hampshire – 7-11
<http://www.lawrencefarmersmarket.com/>

Wichita – <http://wichitaonthecheap.com/farmers-markets-wichita/>

<http://www.localharvest.org> – type in your location & find what’s closest to you!!

BONUS LINK:

<http://www.fruitsandveggiesmorematters.org/whats-in-season-spring>



**BlueCross
BlueShield**

bcbsks.com/walk

**NATIONAL
WALK@LUNCH DAY**

#NWLDKS



**BlueCross
BlueShield
of Kansas**

An independent licensee of the
Blue Cross Blue Shield Association.

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You're not alone in your journey to quit tobacco. Celebrate World No Tobacco Day this May 31 by taking the first step and enrolling in the Quit For Life® Program. Our trained Quit Coach® staff will help you create a plan tailored to you. When you enroll, you can connect with others through our interactive website and social media channels to get even more support. Call today, so we can support you in making every day a no tobacco day.

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Thank You for Joining Us Today!!

Next Meeting is Thursday, May 14th, 2015

11:00-11:45 am

Secret Question:

Open Questions / Comments



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